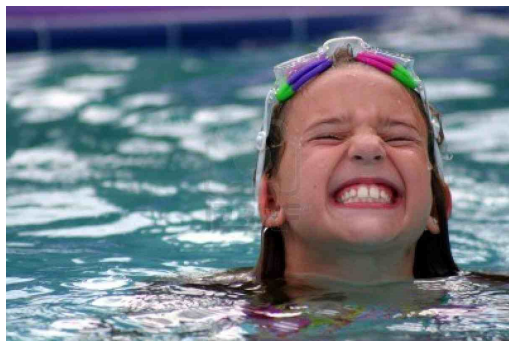


2017 FALL Swimming Lessons



Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to
evanspool-subscribe-request@talk2.seattle.gov

Personal Lessons

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$38 per half hour for 1 student. Want to add an additional student that is the same skill ability? You can add another student for an extra \$13 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered in the same quarter. No transfers will be accepted with less than 48 hours notice.



Seattle
Parks & Recreation

Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Barcode</u>
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Monday	11:30am	9/11-10/9	5	\$37.50	168606
	Tuesday	5:00pm	9/5-10/10	6	\$45.00	168614
	Wednesday	11:30am	9/6-10/11	6	\$45.00	168616
	Wednesday	6:30pm	9/6-10/11	6	\$45.00	168602
	Thursday	6:30pm	9/7-10/12	6	\$45.00	168612
	Friday	11:30am	9/8-10/13	6	\$45.00	168604
	Saturday	10:00am	9/9-10/14	6	\$45.00	168608
	Saturday	3:00pm	9/9-10/14	6	\$45.00	168610
	Monday	11:30am	11/13-12/11	5	\$37.50	168607
	Tuesday	5:00pm	11/14-12/12	5	\$37.50	168615
	Wednesday	11:30am	11/15-12/13	5	\$37.50	168617
	Wednesday	6:30pm	11/15-12/13	5	\$37.50	168603
	Thursday	6:30pm	11/16-12/14	4	\$30.00	168613
	Friday	11:30am	11/17-12/15	4	\$30.00	168605
	Saturday	10:00am	11/18-12/16	5	\$37.50	168609
	Saturday	3:00pm	11/18-12/16	5	\$37.50	168611

Evans Pool FALL Swim Lessons

Lessons for 3 year-olds only

3 Year Olds	Monday	11:00am	9/11-10/9	5	\$65.00	168630
	Monday	6:30pm	9/11-10/9	5	\$65.00	168632
	Tuesday	3:30pm	9/5-10/10	6	\$78.00	168646
	Wednesday	11:00am	9/6-10/11	6	\$78.00	168648
	Thursday	3:30pm	9/7-10/12	6	\$78.00	168642
	Thursday	6:30pm	9/7-10/12	6	\$78.00	168644
	Friday	11:00am	9/8-10/13	6	\$78.00	168628
	Saturday	10:00am	9/9-10/14	6	\$78.00	168636
	Saturday	12:00pm	9/9-10/14	6	\$78.00	168638
	Saturday	12:30pm	9/9-10/14	6	\$78.00	168640
	Saturday	1:00pm	9/9-10/14	6	\$78.00	168634
	Monday	11:00am	11/13-12/11	5	\$65.00	168631
	Monday	6:30pm	11/13-12/11	5	\$65.00	168633
	Tuesday	3:30pm	11/14-12/12	5	\$65.00	168647
	Wednesday	11:00am	11/15-12/13	5	\$65.00	168649
	Thursday	3:30pm	11/16-12/14	4	\$52.00	168643
	Thursday	6:30pm	11/16-12/14	4	\$52.00	168645
	Friday	11:00am	11/17-12/15	4	\$52.00	168629
	Saturday	10:00am	11/18-12/16	5	\$65.00	168637
	Saturday	12:00pm	11/18-12/16	5	\$65.00	168639
	Saturday	12:30pm	11/18-12/16	5	\$65.00	168641
	Saturday	1:00pm	11/18-12/16	5	\$65.00	168635

Lessons for 4 - 5 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Kinder (All Skill levels) 4 & 5 Year Olds	Monday	6:30pm	9/11-10/9	5	\$45.00	168674
	Tuesday	11:00am	9/5-10/10	6	\$54.00	168593
	Tuesday	4:00pm	9/5-10/10	6	\$54.00	168595
	Wednesday	6:30pm	9/6-10/11	6	\$54.00	168597
	Thursday	11:00am	9/7-10/12	6	\$54.00	168589
	Thursday	4:00pm	9/7-10/12	6	\$54.00	168591
	Saturday	10:30am	9/9-10/14	6	\$54.00	168587
	Monday	6:30pm	11/13-12/11	5	\$45.00	168675
	Tuesday	11:00am	11/14-12/12	5	\$45.00	168594
	Tuesday	4:00pm	11/14-12/12	5	\$45.00	168596
	Wednesday	6:30pm	11/15-12/13	5	\$45.00	168598
	Thursday	11:00am	11/16-12/14	4	\$36.00	168590
	Thursday	4:00pm	11/16-12/14	4	\$36.00	168592
	Saturday	10:30am	11/18-12/16	5	\$45.00	168588

Family Lessons for 4 - 10 year-olds

Family Lessons	Saturday	2:30pm	9/9-10/14	6	\$45.00	168672
	Saturday	2:30pm	11/18-12/16	5	\$37.50	168673

Evans Pool FALL Swim Lessons

Lessons for 6 - 16 years old

Beginning Swimmer 6-16 Year olds	Monday	7:00pm	9/11-10/9	5	\$37.50	168658
	Tuesday	4:30pm	9/5-10/10	6	\$45.00	168666
	Tuesday	6:30pm	9/5-10/10	6	\$45.00	168668
	Wednesday	7:00pm	9/6-10/11	6	\$45.00	168670
	Thursday	4:30pm	9/7-10/12	6	\$45.00	168662
	Thursday	5:00pm	9/7-10/12	6	\$45.00	168664
	Saturday	11:00am	9/9-10/14	6	\$45.00	168660
	Monday	7:00pm	11/13-12/11	5	\$37.50	168659
	Tuesday	4:30pm	11/14-12/12	5	\$37.50	168667
	Tuesday	6:30pm	11/14-12/12	5	\$37.50	168669
	Wednesday	7:00pm	11/15-12/13	5	\$37.50	168671
	Thursday	4:30pm	11/16-12/14	4	\$30.00	168663
	Thursday	5:00pm	11/16-12/14	4	\$30.00	168665
	Saturday	11:00am	11/18-12/16	5	\$37.50	168661
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	9/11-10/9	5	\$37.50	168650
	Tuesday	5:00pm	9/5-10/10	6	\$45.00	168654
	Wednesday	7:30pm	9/6-10/11	6	\$45.00	168656
	Saturday	11:30am	9/9-10/14	6	\$45.00	168652
	Monday	7:30pm	11/13-12/11	5	\$37.50	168651
	Tuesday	5:00pm	11/14-12/12	5	\$37.50	168655
	Wednesday	7:30pm	11/15-12/13	5	\$37.50	168657
	Saturday	11:30am	11/18-12/16	5	\$37.50	168653
Pre-Competition 6 - 17 Years old	Monday	7:30pm	9/11-10/9	5	\$37.50	168618
	Wednesday	7:30pm	9/6-10/11	6	\$45.00	168622
	Saturday	11:30am	9/9-10/14	6	\$45.00	168620
	Monday	7:30pm	11/13-12/11	5	\$37.50	168619
	Wednesday	7:30pm	11/15-12/13	5	\$37.50	168623
	Saturday	11:30am	11/18-12/16	5	\$37.50	168621
Special Populations (6-17 years old)	Saturday	2:30pm	9/9-10/14	6	\$45.00	168624
	Saturday	3:00pm	9/9-10/14	6	\$45.00	168626
	Saturday	2:30pm	11/18-12/16	5	\$37.50	168625
	Saturday	3:00pm	11/18-12/16	5	\$37.50	168627

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	9/11-10/9	5	\$37.50	168445
	Tuesday	11:30am	9/5-10/10	6	\$45.00	168450
	Wednesday	8:00pm	9/6-10/11	6	\$45.00	168452
	Thursday	11:30am	9/7-10/12	6	\$45.00	168448
	Monday	8:00pm	11/13-12/11	5	\$37.50	168447
	Tuesday	11:30am	11/14-12/12	5	\$37.50	168451
	Wednesday	8:00pm	11/15-12/13	5	\$37.50	168454
	Thursday	11:30am	11/16-12/14	4	\$30.00	168449

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Pre-Competition (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water.
Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.